

VETERANS' DAY BREAKFAST

Compliments of the Rotary Club of Foxborough, we will be celebrating Veterans' Day at the senior center on Thursday, November 10th from 9:30 a.m. to 11:30 a.m. with a catered breakfast to honor our veterans and the families of veterans. Following breakfast, our guest speaker will be Dana Zaiser who will present his program on "Short Stories of the Civil War." In this fact-based program, you will learn about Army Sutlers, Love Tokens (jewelry) and unusual unknown stories of ordinary but heroic soldiers just doing their duty. If you'd like to join us for this special Veterans' Day breakfast and program sponsored by the Rotary Club, you must call the senior center at 508-543-1234 by Monday, November 7th to sign up and reserve your seat.

Monday, October 31

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Minds in Motion 1:00 p.m.

Stop & Shop 1:00 p.m.

Tuesday, November 1

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, November 2

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Target 1:00 p.m.

Colorist Club 2:00 p.m.

"Money Alternatives of the Civil War" Program by Dana Zaiser 4:30 p.m.

Thursday, November 3

Coffee Connection 8:30 a.m. to 3:30 p.m.

Art Class with Barbara 9:30 a.m.

History Lecture with Paolo DiGregorio 12:30 p.m.

Decorative Glass Painting with Diane 1:00 p.m.

Friday, November 4

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics Class 9:00 a.m.

Cribbage 10:15 a.m.

Card Making and Scrapbooking Class 10:15 a.m.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, November 7th. Clients are seen on a first come first serve basis. The cost to see Dr.

Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1234 to set up an appointment for a ride.

TRANSPORTATION TO POLLS ON ELECTION DAY

For those seniors who need transportation assistance, the VanGo will be available to take you to the polls on election day, Tuesday, November 8th, from 9:30 a.m. to 11:30 a.m. **You must call the senior center at 508-543-1234 before 11 a.m. on Monday, November 7th to schedule your ride.**

MONEY ALTERNATIVES OF THE CIVIL WAR

During the Civil War, there was a tremendous coin shortage as people hoarded silver coins and copper/nickel cents. Businessmen resorted to using encased postage stamps, tokens, paper scrip and government issued fractional currency. Join us at the senior center on Wednesday, November 2 at 4:30 p.m. when our world traveler Dana Zaiser will be here to present a program about the colorful characters who were behind the privately conceived alternatives to coins at that time in our history. Dana is an amateur Civil War historian, and he has received awards from the Civil War Token Society and the Olde Colony Civil War Round Table in Dedham for his research on this subject. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up in advance and we'll save you a seat.

HISTORY LECTURES WITH PAOLO DIGREGORIO

In keeping with the Presidential election season, our favorite history teacher Paolo DiGregorio will be at the senior center on Thursday, November 3rd at 12:30 p.m. to present his program "The Contest: A Short History of American Presidential Elections." Paolo is an historian, archeologist and educator with a passion for telling stories. This program is being sponsored by the Friends of Foxborough Seniors. If you'd like to join us for this historical lecture, please call the senior center at 508-543-1234 to sign up and reserve your seat.

DECORATIVE GLASS PAINTING WITH DIANE

Come and unlock your hidden talent in a decorative glass painting class using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for this program at the senior center with instructor Diane Cahill on Thursday, November 3 at 1:00 p.m. No painting experience is required. Paints and brushes will be provided and you just bring the glass items that you'd like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for permanent finish. This is a great idea for upcoming holiday gift giving. If you'd like to join us please call the senior center at 508-543-1234 to sign up. Use your imagination and have some fun!

GARY HYLANDER'S HISTORY LECTURE SERIES

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center for a series of history lectures on "Dangerous Women: Emma Goldman, Tokyo Rose and Axis Sally." The next lecture in the series, "Emma Goldman: An American Anarchist," will be held on Wednesday, November 9th at 4:30 p.m. Born in Lithuania in 1869, Goldman emigrated to the United States in 1885. Attracted to anarchism after the Haymarket Square Riot in Chicago, Goldman emerged as a fiery proponent of labor unions, political change, women's rights and other social issues. Along with Alexander Berkman, she advocated the "propaganda of the deed," the use of violence to instigate change. After several years in jail she was deported to Russia during the Red Scare. Interest in Goldman's political activities was revived during the feminist movement of the 1970's. Come learn about a chapter in our history. The last lecture in the series will focus on Tokyo Rose and Axis Sally and will be held on Wednesday, November 16th at 4:30 p.m. To reserve your seat, please call the senior center at 508-543-1234 to sign up.

SIGN UP FOR A "DOWNTON ABBEY EXPERIENCE" AT OUR ANNUAL HOLIDAY CELEBRATION AT LAKEVIEW PAVILION

Mark your calendar for Thursday, December 1st for our annual Holiday Celebration at Lakeview Pavilion in Foxborough. This year's holiday party will include a special entertainment treat as we are all invited to take part in the Engagement Gala of Lady Mary and Matthew Crowley for a "Downton Abbey Experience." Lunch will be served at 1:00 p.m. and the menu will include your choice of Chicken Parmigiana with mozzarella

cheese, penne pasta and marinara sauce, or New England Scrod with herbs & seasoned breadcrumbs, Lemon Beurre Blanc & Rice Primavera. All meals will include a tossed salad with lemon vinaigrette, the Chef's choice of fresh seasonal vegetables and starch, warm rolls and butter, vanilla bean ice cream with chocolate sauce and whipped cream, with coffee or tea. There will be a cash bar open by 12:45 p.m. The VanGo will be available for the transportation of our regular van riders. The cost for this event is \$24 per person and payment will be due on or before Friday, November 4th. This event is for Foxborough residents only. Sign up for our Holiday Party by calling the senior center at 508-543-1234. Come join us as professional character actress Judith Kalaora and her ensemble of players treat us to an unforgettable afternoon where we get to be part of the engagement festivities with the Crowley's at Downton Abbey. Feel free to dress up in your 1920's attire and join in the fun!

MEDITATION AND RELAXATION CLASSES

Our Chair Yoga instructor Michelle Lawlor will be back to the senior center to lead us in a 6-session series of Meditation and Relaxation Workshops. The workshops will be held on the following 6 Mondays from 1:00 to 2:00 p.m.: November 14th, 21st, 28th, December 5th, 12th and 19th. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program is about training your brain to bring your thoughts and feelings into awareness. Come join us as we work to get our minds into shape. Class size for the Meditation and Relaxation Workshops is limited, so please call us at 508-543-1234 to reserve your spot. Please bring your own coloring book.

CLASSIC MOVIE DAY

Classic Movie Day for the month of November is scheduled for Tuesday, November 8th at 12:30 p.m. and our featured film will be "East Side, West Side." Wealthy New York investment banker Brandon Bourne is a compulsive philanderer much to the consternation of his wife Jessie (Barbara Stanwyck). When Brandon re-ignites an affair with his old mistress Isabel (Ava Garner), Jessie seeks consolation with Mark Dwyer (Van Heflin), a policeman turned journalist. Then Isabel is found dead and both Brandon and Jessie are suspected of the murder. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you'd like to sign up.

RESOURCES AND INFORMATIONAL SERVICES

DRIVER SAFETY PROGRAM

The Driver Safety Program was developed by the American Association of Retired Persons (AARP) to assist motorists with their driving skills. This is a one-day (4-hour total) program and is being offered free of charge by Sturdy Memorial Hospital on Friday, November 4th from 9:45 a.m. to 3 p.m. Light refreshments will be served. Class size is limited and registration is necessary. To register, call the Public Relations Department at 508-236-8020.

MEDICAL INFORMATION AND SERVICES

LUNG CANCER RISK ASSESSMENT

Are you between 55 and 77 years old? Are you a current smoker or have you quit within the last 15 years? Have you smoked the equivalent of at least one pack of cigarettes a day for 30 years? If you answered "yes" to all of the above, call Sturdy Memorial Hospital today at 508-236-7015 to register for your FREE Lung Cancer Risk Assessment. This program will be held on Saturday, November 12 between 9 a.m. to 11 a.m. at the Outpatient Oncology Department at Sturdy Memorial Hospital. Registration is required.

MEDICARE OPEN ENROLLMENT DEADLINE IS HERE!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (now through December 7), you will have a chance to CHANGE your plan for next year. SHINE counselors can help you

understand your plan changes, as well as other options you may have. Be sure you have the coverage that best meets your needs! Call to get a SHINE appointment during Open Enrollment! If you would like to schedule a SHINE appointment at the senior center, please call 508-543-1234, and for more information please check www.800ageinfo.com.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, November 8th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month.

Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1234 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for November 1st and 17th. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1234 to set up an appointment.

REGULARLY SCHEDULED EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at The Chateau Restaurant on Wednesday, November 16th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Monday, November 14th. Van transportation is available, but transportation arrangements must be made by Monday the 14th.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, November 1st from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

November 2 – Target

November 9 - Walmart

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item.

Monday, October 31

Happy Halloween
Hotdog/Mustard 605
Baked Beans 26
Cabbage/Carrots 47
Roll 210
Pumpkin Cookie 170
Sodium 1068
Calories 757

Tuesday, November 1

Chicken Piccata 424
Sweet Potato 78
Fall Vegetable 15
Oatmeal Bread 121
Chocolate Pudding 191
Sodium 829
Calories 397

Wednesday, November 2

Tomato Soup 173
Ham & Cheese Sandwich/Mustard 375
Whole Wheat Bread 320
Cole Slaw 81
Banana 1
Sodium 1013
Calories 397

Thursday, November 3

Turkey Divan with Broccoli 121
Mashed Potato 62
Multigrain Bread 190
Pears 4
Sodium 377
Calories 439

Friday, November

Beef Picadillo 251
White & Brown Rice 36
Green Beans 3
Dinner roll 160
Tropical Fruit 10
Sodium 460
Calories 298